

# FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-nehc.med.navy.mil/hp>

Subscribe to this publication by visiting our web site. Click on "Friday Facts"



## Friday FACTS

17 February 2006

### Crews Into Shape

#### More "Crews" Questions

**QUESTION:** A Crew Leader asks "If weigh-ins are not required, how do I tract the improvements of my team?"

**ANSWER:** Weight gains/losses are self-reported by Crew Members. We decided on this approach because we learned that many people who were motivated to participate in the Crews – and would benefit from participation -- were reluctant to share their weight with coworkers and therefore did not participate at all.

Of course, there's more to health than just "weight". While "crewsing" in March 2006, Crew Members may benefit from the establishment of new habits (like eating more fruits & veggies, drinking more water, and exercising more often) even if they don't achieve their weight goals.

**QUESTION:** A Crew Leader asks "Are we to ever collect the contracts and questionnaires?"

**ANSWER:** The Crew Member "contract" and PAR-Q or "health history" are really not for collecting, because a Crew Member's personal weight goals and their medical history are private information the Crew Member may not want to share. We use these products just to help Crew Members think through these important issues...



#### National Anxiety Disorders Screening Day

May 3<sup>rd</sup>, 2006 is the scheduled date for the annual National Anxiety Screening Day! A free educational kit is available for the program from the Freedom From Fear organization. Consult with your MTF Mental Health, Substance Abuse & Primary Care Departments, fleet medical departments and local TRICARE and other civilian helping agencies and get them involved with this event! For more information and to sign up to participate visit the Freedom From Fear website at: [www.freedomfromfear.org](http://www.freedomfromfear.org)



"The highest reward for a person's toil is not what they get for it, but what they become by it." —John Ruskin

### DoD National Nutrition Month® Resource Packet March 2006

The DoD Nutrition Committee has released the DoD National Nutrition Month Resource Packet, focused on the National Nutrition Month theme, "Step Up to Nutrition and Health". The theme reinforces the importance of nutrition as a key component of good health, along with physical activity. The packet includes a wide range of nutrition and food service-related materials to include key messages, theme materials, presentations, projects & ideas, articles, resources, photos, and an evaluation section. The materials are all focused on the theme, "Step Up to Nutrition and Health" but are developed for the military audience.

These resources can be used to promote nutrition throughout the year to support a healthy lifestyle and improve mission readiness. Access the packet at:

<http://chppm-www.apgea.army.mil/nnm/>

#### Military/Navy One Source

This free service is available for active and reserve components and family members! There are two aspects to the One Source Program- a live counselor is ready to listen 24/7 and a website. The web program offers articles, quick tips, brochures and short video clips across a variety of topics- such as parenting, health, alcohol, emotional well being. Another bonus is that the Turbo Tax program is offered free from the website!

You may also order free CD's and booklets from Navy, MCCS and Military One Source for your wellness programs! Please refer Sailors, Marines and family members to these valuable resources!

[www.militaryonesource.com](http://www.militaryonesource.com)

or 1-800-342-9647

[www.navyonesource.com](http://www.navyonesource.com)

or 1-800-540-4123

[www.mccsonesource.com](http://www.mccsonesource.com)

or 1-800-869-0278

